

# MCWA

## MOMS CLUB WEST ADAMS

# HAPPENINGS



### IN THIS ISSUE:

- Meeting Notes & Upcoming Events
- Q of the Month
- Birthdays
- Playgroups
- Last Month
- Cooking Corner
- Clubs
- Family Fitness
- Board Members



## • THANKSGIVING FEASTING •

*Hello MOMS!! November is here, and Thanksgiving is approaching. Whatever your traditions, it's always nice to have a special time of year set aside simply remembering all that we are grateful for in our lives. I try to use this season to reflect upon how far I have come, and practice gratitude for all the lessons I have learned throughout the year. We should not overlook ourselves in our gratefulness, but rather humbly thank ourselves for all that we do, and the impact we make upon our children's lives.*

*I know that I am thankful for this club, and the friendships I have made and examples I have seen. You all are wonderful!!*

*Have a fabulous November!*

*Love,*

*- Ashton*

# Kids Birthdays



## Turning 1

Ray Lange 11/4

Tess Gelfand 11/12

Anderson Hundtoft 11/24

## Turning 2

Emory Tom Kirkwood 11/9

Lucas Bradesi Colbert 11/17

## Turning 4

Solenne Park 11/20

## Turning 5

Ingrid Scatek 11/8

## Turning 6

Koa Deomampo 11/4

## Turning 7

Eve Nyby 11/12

## Turning 8

Luke Tucci 11/16

Ella Longhenry 11/18

## Turning 9

Vicente Aguilar 11/4

Mackenna Pulley 11/6

## Turning 11

Sophia Cortez 11/24

# Dinner Prep Club

8 Freezer Meals  
in 2 hours

WE ARE LOOKING FOR  
NEW COORDINATOR FOR DINNER CLUB.

If you are interested please email [sharonschin@gmail.com](mailto:sharonschin@gmail.com)



## Crafting Corner



Get together to craft, snack, and chat. For long time crafters to those who want to learn how!

If you are interested in joining the MCWA Crafting Corner or have any questions contact: Liberty Worth [libertyworth@gmail.com](mailto:libertyworth@gmail.com)

## Calling all Book Worms

Join us on Wednesday, November 8th at 8pm to discuss

**Mennonite in a Little Black Dress**

by Rhoda Janzen

If you are interested in joining the MCWA Book Club or have any questions contact: [abbyfifer@gmail.com](mailto:abbyfifer@gmail.com)



## COOKING CORNER



### INGREDIENTS:

- 1 1/2 lb. green beans, trimmed
- 1 medium red onion, sliced into rings
- 8 oz. cremini mushrooms, sliced
- 8 tbsp. extra-virgin olive oil, divided
- kosher salt
- Freshly ground black pepper
- 1 c. fresh bread crumbs or panko bread crumbs
- 1/2 tsp. dried oregano
- 1/2 c. freshly grated Parmesan
- Juice and zest of 1 lemon

## Roasted Green Beans, Mushrooms, and Onions with Parmesan Breadcrumbs

1. Preheat oven to 425°. On two rimmed baking sheets, arrange green beans, onions, and mushrooms. Toss each with 3 tablespoons olive oil and season with salt and pepper, then roast until tender and deeply browned, 30 to 35 minutes.
2. Meanwhile, in a medium skillet over medium heat, heat remaining 2 tablespoons oil. Add bread crumbs and oregano and cook, stirring constantly, until golden brown, 3 minutes. Remove from heat and stir in Parmesan and zest of lemon.
3. Squeeze lemon juice over roasted vegetables and top with Parmesan bread crumbs.

*Enjoy this twist on the traditional green bean recipe.*

# • NOVEMBER HAPPENINGS •

| Sunday | Monday | Tuesday  | Wednesday   | Thursday  | Friday              | Saturday |
|--------|--------|--|---|---|---------------------|----------|
|        |        |  | 1   | 2   | 3                   | 4        |
| 5      | 6      | 7<br>10:15<br>Bonanza-Tots<br>Playdate at the<br>Western Library | 8<br>8:00pm<br>Book Club<br>Meeting.<br>eMail for details | 9   | 10<br>Veteran's Day | 11       |
| 12     | 13     | 14   | 15  | 16  | 17                  | 18       |
| 19     | 20     | 21   | 22  | 23<br>Thanksgiving Day<br>Enjoy your<br>families! | 24                  | 25       |
| 26     | 27     | 28   | 29  | 30  |                     |          |

## Question of the Month:

**WHAT ARE YOU MOST THANKFUL FOR IN THIS LAST YEAR?**

"I am most thankful for friends, family and food. Mostly food."

*-Sharon Chin Lee*



## Local Recommendations

### Michelina

**On the Corner of Pico and Hauser**

Adorable and delicious coffee shop just opened.

Best pastries. Called Michelina

**- Recommendation Courtesy of Gina Rosen**





# NEW MEMBER *introductions*



New Mom: Sharon Vagley  
Baby: on the Way!  
Husband: Adam

I was an elementary school teacher for 5 years before becoming a mother. I have stopped working as a teacher in order to stay home with my daughter. I currently volunteer 2x a week as a tutor at an after school program near downtown. I also volunteer as the Children's Director for my church Thrive LA. I work part-time as a Wellness Advocate for doTERRA Essential Oils.



New Mom: Shaunna Koza  
Daughter: Stella  
Husband: Tim

Originally from the east coast, my husband and I decided to move to Los Angeles after a few years overseas in Australia. We've been living in Venice for 4 years but with the arrival of our first baby this December, have just purchased a home in the Park Hills Heights area. We love the California outdoor active lifestyle that allows us to go hiking, spend time on the beach and enjoy trips to the mountains and deserts. We love dogs, travel, staying fit and healthy. Always excited to meet new interesting people, we look forward to meeting the others in the MCWA.



*Welcome Baby Boy!*

Sophie Greenbaum welcomed **Moses Lazar Greenbaum** on September 30th, 2017  
8lbs 12oz & 20.5 inches of love!



**7 WITH:**

We recently moved to LA from NYC where my husband and I had lived for the past 14 years. When Norman was born, we decided to make the move out the west coast to be closer to family and for a general quality of life change. I am a designer and my husband Adam is a documentary filmmaker. We are excited to meet other families in the area!

**Lauren Bucquet**

- 1. What is your greatest achievement so far?**  
Having a baby, moving 3000 miles across the country, finding a new home and starting a new job in 3 months time!
- 2. What was your favorite thing to do before having a child?** Shopping for food at the farmers market and cooking for friends and family. Also love traveling.
- 3. What is your favorite extravagance?**  
Going to get my nails done

- 4. What excites you most about being a mom?**  
Getting to watch my little man grow and change everyday!
- 5. What do you value most in your friends?**  
Honesty
- 6. When and where are you the happiest?**  
When I'm eating good food with people I love
- 7. What do you see yourself doing in 10 years?** No idea!

# Weekly Playgroups

## Baby Bonanza

0-18 Months

Coordinator Karlyn Nelson

karlynkaynelson@yahoo.com

## Tots

18months—3 years

Host's Choice, pick day and time

Coordinator Kristin Riddick

k\_ridd@yahoo.com

## Ladybugs

All ages We're looking for a new coordinator!!!

Email us to Volunteer!

## Parent's Choice

One Saturday or Sunday a month (Host's choice)

Coordinator Amanda Perla

abperla@yahoo.com

Do you want to join a play group? Email the group coordinator to get onto the email list.



# Calling All Moms!

## IPSA

Magazine and Podcast For Women, by Women

Want to talk about your interests in a podcast? Have something you've created that you want to share? We want to hear and see it all!

Submit your creations to ipsamagazine@gmail.com, or contact Ashton Roberts more information and interviews!

(310) 774 - 6793 (text) or via Facebook Messenger

## BOARD MEMBERS & SERVICE POSITIONS

### President:

Ashton Ifill  
ash.rob18@gmail.com

### Vice President:

Marissa Tiamfook  
mjtiamfook@gmail.com

### Membership VP:

Allie Cormier  
mcwamembership@gmail.com

### Treasurer:

Sharon Chin Lee  
sharonschin@gmail.com

### Secretary:

Colleen Callahan  
c.callahan77@gmail.com

### Meal Baby Coordinator:

Becca Cowan Hadar  
beccacowan@gmail.com

### Activities Coordinator:

Liliana Reyes  
purplelili@gmail.com

### Newsletter Editor:

Allie Cormier  
randalliecormier@gmail.com

### MCWA Club

#### Primary Coordinator:

Nikki Moldovan  
Interim Primary Coordinator  
nikki.moldovan@momsclub.org

### Ladybugs Play Group

#### Coordinator:

Looking for a new coordinator  
Let us know if you're interested!

### Tot's Play Group

#### Coordinator:

Kristin Riddick  
k\_ridd@yahoo.com

### Baby Bonanza Play Group

#### Coordinator:

Karlyn Nelson  
karlynkaynelson@yahoo.com

### Parent's Choice Playgroup

#### Coordinator:

Amanda Perla  
abperla@yahoo.com